[redacted]

M-1655.

GROUP IV. SEATTLE. 10-3-69.

ALLRIGHT,BECAUSE IT'S ALWAYS A LITTLE DISCOURAGING TO SIT AND SIT AND WAIT AND WAIT. MANY TIMES IT HAPPENS OF COURSE IN NEW YORK OR OTHER PLACES AND I ALWAAYS CONSIDER WHAT IS HAPPENING TO THEM,WHAT ARE PEOPLE THINKING ABOUT? IN NEW YORK THEY COME QUITE EARLY BECAUSE IT'S A LITTLE FILLED AND EVERYBODY COMES EARLY,SO IT'S ALL FILLED ANYHOW.AND THEN THEY HAVE TO SIT FOR TWENTY MINUTES AND I SIT IN THE LITTLE ROOM NEXT AND I...I HEAR THE SILENCER AND BEING KINDHEARTED I THINK I OUGTH TO GO OUT,AT LEAST SIT THERE AND THEN I SIT AND IT'S NOW MORE [redacted]USTOMARY THAT FRIDAY EVENINGS THERE IS MUSIC WITH THE DIFFERENT GROUPS. IT DOESN'T MATTER SO MUCH ANYMORE IF I'M THERE OR NOT,THEY WILL PLAY IN ANY EVENT AND I CAN NOW IMAGINE NEW YORK OR RATHER IT IS IN THE WEST TOWN TONIGHT THAT THEY'RE JUST ABOUT FINISHED. I'LL DEVIATE A LITTLE BIT FROM THE CUSTOM.USUALLY I WILL START PLAYING RIGHT AWAY,BUT THIS IS LIKE A NEW LITTLE VENTURE FOR SOME OF YOU AND I HAVE TO SAY JUST TO FEWW THINGS ABOUT,ABOUT MUSIC.IT IS OF COURSE LOGICAL THAT MUSIC IS A LANGUAGE BUT DEFINITELY OF AN EMOTIONAL KIND,SO THERE IS REALLY NOTHING TO DO WITH WORDS.(ARE YOU STILL WORKING ON THAT THING?ROSS?)(ANDY: HE IS HAVING TROUBLE) YEAH, IS IT NOW WORKING? (ANDY: IT'S NOW WORKING) I DON'T HAVE TO REPEAT.

OF COURSE IT IS A LANGUAGE AND EMOTIONAL,SO NO WORDS,SOUNDS NOT HAVING THE FORMATION OF LETTERS,INDICATE BY THEIR TONALITY OR VOLUME OR THE COMBINATION OF SOUNDS OR THE MIXING OF RATES OF VIBRATIONS OR SOMETIMES THE WAY A SOUND IS PRODUCED WHICH ON PIANO IS OF COURSE THE TOUCH,THAT IS HOW STRONG IT IS. ALSO SOMETIMES HOW DEEP IT MIGHT BE AND THAT WHAT IS THE EXTENSION OF THE SOUND BY MEANS OF THE PEDAL,AND IN SOUNDS AS IN MUSIC IN GENERAL TH THERE NOTES YOU HEAR AND THERE ALSO NOTES YOU DON'T HA HEAR TOO EASILY.IT IS THE SAME AS WITH A LANGUAGE WHEN ONE TALKS.THERE ARE WORDS YOU HEAR,OR IN A

BOOK YOU READ AND IN BETWEEN THE LINES SOMETIMES THERE IS MUCH MORE OF VALUE AND THEN IT IS WE DO YOU TOO SEE WHAT YOU CAN DERIVE. WITH MUSIC IT IS LIKE THAT, YOU CAN HEAR SOUNDS AND IT IS A DIFFERENT RECEPTION FOR DIFFERENT PEOPLE.MANY TIMES OF COURSE YOU FOLLOW ORDINARY ASSOCIATIONS AND WHEN YOU DO THAT YOU STAY WITHIN YOUR FRAMEWORK. I THINK THE DIFFICULTY IN HEARING MUSIC IS TO TRY TO BE FREE FROM SUCH ASSOCIATIONS SO THAT THEN YOU CAN HEAR A DIFFERENT KIND OF LANGUAGE, BECAUSE ASSOCIATIVE LANGUAGE OF COURSE IS ALSO ONE WITHOUT WORDS BUT IT BELONGS ALREADY TO YOU AND YOU CLASSIFY IT.WHAT IS NEEDED IS NO CLASSIFICATION BUT JUST A LISTENING TO WHAT IS THERE AND THEN TO SEE WHAT AND HOW IT AFFECTS YOU. IF THE MUSIC IS RIGHT IT WILL AFECT YOU IN THREE WAYS:YOUR MIND AND YOUR FEELING AND YOUR BODY,BUT MOST OF THE TIME HAPPENS TO ONE IF THE SOUND IS THE RIGHT KIND OF A COMBINATION IS OF COURSE THAT YOU MIGHT EMOTIONALLY AFFECTED,I HOPE NOT INTELLECTUALLY BECAUSE IT IS VERY DIFFICULT TO SEGREGATE THE FEELING FROM THE AN INTELLECTUAL INTERPRETATION OF TECHNIQUE OR CONSTRUCTION OF MUSIC.WHEN ONE O WANTS TO COMUNICATE THERE HAS TO BE IN THE MUSIC THE SOUNDS TOGETHER AND THAT WHAT IS HIDDEN IN MUSIC ARE THE OVERTONES,WHICH OF COURSE YOU DON'T HEAR UNLESS YOU ARE SPECIALLY PERCEPTIVE AND THE PERCEPTION HAS TO BE AGAIN EMOTIONAL.AND REGARDING THE EMOTIONAL DEVELOPMENT OF ONESELF WE ARE VERY POOR-IT IS PARTLY BECAUSE EMOTIONS AS FEELINGS AS WE KNOW THEM ON EARTH ARE ONLY PARTLY DEVELOPED AND THE SECOND REASON IS THAT ANY KIND OF A FEELING AS EXPRESSED USES THE BODY AND IT HAS NO LANGUAGE OF IT'S OWN AND WE HAVE NEVER BEE TAUGHT WHAT KIND OF LANGUAGE SHOULD BE USED. TO SOME EXTENT LISTENING TO MUSIC YOU HAVE NEVER HEARD BEFORE IT'S LIKE A STUDY FOR YOURSELF TO UNCOVER WHAT IS THERE OF AN EMOTIONAL QUALITY AND IF THAT CAN PENETRATE IT CAN HAVE SOMETHING TO SAY.THE RECEPTIVITY DEPENDS ON THAT WHAT IS ESSENCIALLY YOU AND IS NOT YOUR HEAD AND IT SURELY IS NOT IN THE BEGINNING, YOUR BODY ALTHOUGHT THE BODY SOMETIMES PLAY A TREMENDOUS PART IN THE RECEPTION OF MUSIC,WHERE DOES SUCH A MUSIC GO TO A PLACE WHICH IS SENSITIVE EMOTIONALLY AND WILL IT BE DEEP ENOUGH TO AFFECT YOU NOT AS A FEELING,WHICH IS ORDINARY,BUT IS AN EMOTION WHICH BECOMES GRADUAL

EMOTIN WHICH BECOMES GRADUALLY A LITTLE EXTRAORDINARY,SO YOU HAVE TO BE UNPRE-JUDICER,YOU JUST MUST LISTEN AND DON'T LOOK AGAIN FOR PLACING IT IN A CERTAIN CATEGORY,IT IS OF NO USE,BECAUSE IT HAS ABSOLUTELY NO MEANING AS SOON AS YOU ATTACH THOSE KIND OF WORDS TO IT ; BECAUSE THEN YOU THINK YOU ARE LISTENING TO A LITTLE BIT OF SO AND SO REMINDS YOU A LITTLE PHRASE,OF MOZART OR SOMETIMES BACH OR SOME OTHER FELLOW WHO HAS WRITTEN MUSIC.IT IS A DIFFERENT KIND OF A THING AND ALSO TRY TO UNDERSTAND THAT THERE IS ABSOLUTELY(IS SOMEONE THERE?) (YES) THAT THERE IS NO PRETENSE ABOUT THIS,IT HAS NO NAME,I'M NOT PARTICULARLY INTERESTED EVEN IN PUBLISHING IT BECAUSE THAT IS NOT HTE REASON WHY I PLAY, I PLAY TO USE A LANGUAGE OF AN EMOTIONAL KIND,AND IN THAT I WANT TO SAY SOMETHING,WHICH MANY TIMES I CAN NOT SAY IN WORDS AND WHEN I TRY TO USE A PIANO FOR THAT PURPOSSE,IT SIMPLY MEANS THAT MUCH OF IT IS STILL A LANGUAGE I'M TRYING TO LEARN. I UNDERSTAND THAT FOR MY-SELF QUITE WELL AND YOU MUST NOT TAKE MY WORD FOR IT,THAT LEARNING A LANGUAGE OF AN EMOTIONAL KIND WILL TAKE MUCH MORE THAN A LIFETIME. I THINK IT IS FOR THAT REASON THAT ALTHOUGHT ONE MAY HAVE THE BEGINING OF A KEDSJANIAN BODY WHICH CAN EVEN DEVE-LOPE ON EARTH INTO ITS FULL GROWTH,THE EXTENT OF HOW A BODY LIKE THAT CAN LIVE IN THE SPIRITUAL SENSE WILL NOT TAKE PLACE ON EARTH.IT WILL BE POSSIBLE WHEN IT IS SUFFICIENTLY DEVELOPED TO SURVIVE AFTER PHYSICAL DEATH.IT WILL THEN HAVE A CHAN-CE TO COMUNICATE IN A CERTAIN WAY LIKE SPIRITS COMUNICATE OR SOMETIMES LIKE BIRDS ARE ABLE TO COMUNICATE WITH EACH OTHER.I WANTED TO SAY THIS BEFORE I PLAY A LITTLE BIT.AS I SAID USUALLY I DON'T TALK I JUST PLAY.THEN AFTER THAT WE WILL TALK, A LI-TTLE NOT VERY MUCH.SO NOW IT BEING LEGITIMATELY EIGTH I CAN START.

ALLRIGHT ROSS. IT IS RUNNING?(YES SIR) OH,BUT HURRY UP BECAUSE IT'S ONLY A THIRTY MINUTES (AND THERE IS TWENTY MINUTES LEFT ON IT) OH,REALLY! WE SHOULDN'T WORRY.

WE HAVE TO TALK A LITTLE BIT ABOUT OF COURSE ABOUT WORK BUT ABOUT CERTAIN ASPECTOS.THIS IS THE THIRD MEETING WE HAVE.FIRTS MEETING YOU'LL REMEMBER FOR THOSE WHO WERE THERE THAT NIGHT, IT WAS AN STABLISHING OF A CERTAIN LEVEL,WHERE WORK REALL

Y BELONGS IN LIFE. LAST NIGTH WE HAD SOME QUESTIONS, A LITTLE MORE IN DETAIL ABOUT CERTAIN THINGS SO TRY TO EXPLAIN WHAT TAKES PLACE IN THE PSYQUE OF A MAN WHEN HE TRIES TO TELL HIMSELF THAT HE WANTS TO MAKE AN EFFORT TO WORK AND WHAT IS REQUIRED FOR THAT KIND OF AN EFFORT. I'M SURE THERE ARE ALSO OTHER QUESTIONS THAT WE DIDN'T TOUCH ON IT AND THAT MUCH OF THAT, STILL REMAINS UNSOLVED AT LEAST BY ME, UNTIL YOU SOLVE IT YOURSELF OR PERHAPS AT A LATER DATE WHEN I COME BACK WE CAN TALK ABOUT THAT. IN THE MEANTIME YOU MUST WORK, IN THE MEANTIME YOU MUST NOT BE TOO THEORETICAL. I THINK IT'S IMPORTANT TO UNDERSTAND THAT IN THE BEGINNING THE TENDENCY OF PEOPLE IN GENERAL WHEN THEY BECOME INTERESTED IN THIS WORK IS FIRTS TO ESTABLISH QUITE CLEARLY IN THEIR HEAD ALL THE THEORIES THAT ARE CONNECTED WITH IT. ALMOST AS IF THEY WANT TO BE CRITICAL AND EVERYTHING THAT IS THERE AND HAS TO BE KNOWN FIRST BEFORE THEY CAN PROCEED. THERE ARE A FEW ADVENTUROUS PEOPLE WHO INMEDIATELY START AND SAY: O.K. THIS IS WORK ON MYSELF, I START, I TRY AND I DO. BUT MANY TIMES THAT KIND OF A CURIOSITY WHICH IS THEN FULFILLED DOESN'T LAST VERY LONG AND THEN ONE STARTS TO WORRY ABOUT EITHER IS IT RIGTH THAT THIS KIND OF WORK EVEN EXISTS OR IT IS SATISFYING TO ME SO THAT I CAN PLACE ALL MY OLD NOTIONS IN A CERTAIN WAY IN REGARD TO IT, SO THAT I CAN PROCEED. IT'S VERY MUCH AT SUCH A TIME LIKE A PERSON WHO CAN NOT WORK UNLESS THE ROOM IS IN ORDER, UNLESS THE CHAIRS ARE IN EXACTLY IN THE SAME PLACE, THAT THE CURTAINS ARE UP EXACTLY THE SAME HEIGHT, THAT THERE IS NOT DUST ON ANY CHAIR WHATSOEVER AND THAT THERE ARE NOT DIRTY DISHES IN THE SINK AND THEN HE SITS DOWN. YOU REMEMBER I MAY HAVE MENTIONED TO YOU ABOUT THE AUTHOR WHO WANTED TO WRITE AND HE SAID HE HAD IDEAS AND SO HE GOT HOLD OF A SHEAF OF PAPERS AND THIS WAS STILL THE TIME WHEN THERE WERE PENCILS AND HE SAT DOWN, WELL HIS PENCIL WAS NOT SHARP ENOUGH SO HE GOT UP, HE SHARPENED HIS PENCIL, SO HE SAT DOWN AND HE LOOKED AT HIS PAPERS AND IT HAD LINES ON IT, HE DIDN'T WANT LINES ON THE PAPER SO HE HAD TO GET OTHER PAPER WITHOUT LINES, SO FINALLY HE GOT THAT AND HE SAT DOWN AND HE LOOKED AT IT AND SAID: IT IS NOT THE RIGTH COLOR OF PAPER, I OUGHT TO DO SOMETHING ABOUT THAT, SO HE HAUNTED AROUND TILL HE FINALLY HE FOUND THE RIGHT KIND OF PAPER. THEN HE ENR

TRIED TO WRITE AND HIS PENCIL WAS TOO SHARP AND IT WAS TOO HARD AND IT DIDN'T MAKE ENOUGH INDENT ON THE PAPER,SO HE HAD TO GET A NEW PENCIL AND THEN THE PENCIL BROKE SO HE HAD TO SHARP IT AGAIN,THEN HE SAT DOWN AND SAID WELL,I AM REALLY A LITTLE HUNGRY I'D BETTER EAT A LITTLE BIT FIRST BECAUSE IT'S A BIG JOB I HAVE TO DO,SO HE GOT UP IN THE KITCHEN,AFTER A LITTLE WHILE HAVING HAD A SANDWICH AND A CUP OF COFFE AND SATISFIED IN HIS STOMACH, SO HE SAT DOWN AGAIN AND HE WANTED TO WRITE AND THEN SAT HIMSELF DOWN,WHAT WILL I WRITE?

YOU SEE YOU POSTPONE WORK BECAUSE YOU THINK AND THIS IS OF COURSE COMMON PLACE THAT WE THINK THAT WE HAVE TO BE FIRST SATISFIED IN THE HEAD AS IF YOU WANT TO FIND OUT THAT THAT WHAT IS BEING TAUGHT IS REALLY CORRECT IN ACCORDANCE WITH YOUR OWN STANDARS AND THAT THEN WHEN YOU THINK IT IS CORRECT ONLY THEN YOU THINK THAT THE VALUE OF THE KIND OF WORK WILL STILL BE ENHANCED BY YOU TRYING TO PRACTICE IT,OR THAT WHEN YOU FEEL THAT YOU WON'T GET IT OUT OF THIS BOOK BUT OUT OF ANOTHER AND THEN YOU HAVE TO GO TO A LIBRARY TO GET ANOTHER BOOK AND THAT MAN IS A LITTLE BIT TOO OLD AND OLD FASHIONED AND YOU WANT TO HAVE A MODERN EDITION OF THAT BECAUSE YOU NEVER CAN TELL THE SECRETS MAYBE REVEALED IN THE LATTER EDITION AND YOU LOOK AND LOOK AND DON'T GET ANYWHERE. WITH WORK ONE STARTS,A FEW THINGS ARE NECESSARY,THAT IS OF COURSE,THE MOTIVATION AND THEN YOU BECOME ADVENTUROUS A LITTLE,NOTMUCH,IT WON'T ENDANGER YOU,BUT YOU HAVE SO MANY DIFFERENT THINGS THAT YOU FEEL YOU OUGHT TO DO,AND YOU UNCOVER IN YOUR LIFE A VARIETY OF CHARACTERISTICS AND YOU SEE YOURSELF A LITTLE BIT BETTER BECAUSE OF THE ATTEMPTS OF TRYING TO GET REAL KNOWLEDGE,YOU FIND OUT WHAT KIND OF CREATURE YOU ARE,AND IF POSSIBLE YOU WOULD WRITE A BOOK ABOUT YOURSELF HOW YOU ARE THIS AND HOW YOU ARE THAT ANDD HOW YOU HAVE TENDENCIES OF LAZINESS,HOW YOU CAN NOT GET UP,HOW YOU ARE A LITTLE SLOPPY SOMETIMES,HOW YOU HAVE TO DO THIS,HOW YOU HAVE TO DO THAT ,ALL THE DESCRIPTION OF YOURSELF AND NOTHING HAPPENS TO YOU,ALL THE THOUGHTS STAY IN YOUR MIND,YOU LOVE TO WRITE ABOUT THEM,IT HAS NOT VALUE,THE OBSTACLES THAT YOU UNCOVER IS ONLY FOR THE REASON THAT YOU WANT TO POSTPONE REAL WORK.WHEN YOU TALK ABOUT IT AND YOU SAY I AM GOING TO DO AND YOU DON'T DO IT,YOU LOVE TO KEEP ON TALKING BE -

CAUSE YOU ARE AFRAID IF YOU DO WILL HAVE NOTHING TO TALK ABOUT.A PERSON STARTS WORK WHEN HE WISHES TO WORK.A NEW PERSON IN THE GROUP HAS TO BE ADVICED THAT HE CAN DO ALL THE READING HE WISHES BUT THAT THE GROUP IS THERE FOR THE PURPOSSE OF TELLING HIM HOW TO APPLY AND WHAT ACTUALLY TO DO.FOR THAT KIND OF A PERSON WHO IS NEW AND THIS APPLIES TO SEATTLE,TO PORTLAND,IT APPLIES TO ALL KINDS OF GROUPS WHEREVER WE HAVE THEM,THERE ALWAYS HAS TO BE A LITTLE BIT OF A NUCLEUS. A FEW PEOPLE WHO TAKE THE RESPONSABILITY,UNLESS THERE HAPPENS TO BE ONE PERSON WHO TAKES THE RESPONSABILITY FOR ALL OF YOU BUT DOESN'T HAPPEN SO OFTEN AND USUALLY IT IS LEFT TO A FEW PEOPLE WHO HAD BEEN ALREADY IN CONTACT WITH THIS KIND OF WORK AND ACTUALLY AND ACTUALLY HAVE WORKED AND HAVE REACHED CERTAIN RESULTS FOR THEMSELVES AND START TO KNOW WHAT IT IS ALL ABOUT,THREE OR FOUR SOMETIMES SEVEN RESPONSABILITY FOR A GROUP,NUCLEOUS,DISCUSSION AMONG THEM NOT IN THE PRESENCE OF NEW MEMBERS OR OTHER MEMBERS AND THEIR TASK IS TO OUTLINE FOR THEMSELVES WHAT EACH ONE UNDERSTANDS BY WORK IN VERY SIMPLE TERMS.THAT IS A REQUIREMENT OF ANY GROUP WHEN THEY WANT NEW MEMBERS,BECAUSE IF THEY DON'T DO THAT THEY ARE NOT ENTITLED TO NEW MEMBERS,BECAUSE IF THEY ARE NOT IN AGREEMENT AMONG THEMSELVES THEY WILL LEAD NEW MEMBERS ASTRAY AND THEY WON'T STAY.

THE PURPOSSE IS OF COURSE TO COMUNICATE WHAT WORK IS,BUT IT CAN NOT BE ANY DISAGREEMENT ABOUT FUNDAMENTALS ,ABOUT PEOPLE WHO TALK ABOUT IT.SO IT IS NOT A QUESTION FIRTS WHERE IS THE BASIS OF WORK,WHAT IS THE UNDERSTANDING AMONG THREE OR FOUR,SO THEN IF ONE ANSWERS THE OTHER CAN SUPPORT AND THERE IS NO CONTRADICTION AND NO FIGHTING IN FRONT OF OTHERS WHO DON'T KNOW BECAUSE IT ONLY WILL MAKE THEM CONFUSED.AND I REALLY MUST TELL YOU THAT IF YOU ARE NOT SURE OF YOURSELF,THEN YOU REALLY DON'T KNOW WHAT IT IS THAT YOU UNDERSTAND BY WORK AND IF YOU HAVE NEVER REALLY TAKEN THE TIME AND TROUBLE TO VERIFY IT,YOU ARE NOT ENTITLED TO TALK ABOUT WORK.IT DOESN'T DO YOU ANY GOOD IF YOU WANT TO GUIDE A PERSON AND HE WANTS TO ASK YOU WHERE IS THE ROAD TO LOS ANGELES AND YOU SAY WELL I THINK IT IS JUST ABOUT AROUND THERE IN THAT DIRECTION IF YOU JUST GO YOU WILL FIND OUT;THAT'S NOT A GUIDE.AND WHERE THERE IS NOT ENOUGH OF THAT KIND OF KNOWLEDGE AND IT DOESN'T HAVE

TO BE MUCH IN ORDER TO SATISFIE NOW PEOPLE,BUT THE PRINCIPLES HAVE TO BE UNDERS-TOOD. IS THERE AN "I"? IS THERE THE NECESITY OF "I"? IS THERE A POSSIBILITY OF MAKING IT? IS THERE A WISH REALLY TO DO SOMETHING ABOUT ONE'S LIFE. IS ONE WI-LLING TO ACCEPT THAT WHAT ONE IS FOR WHATEVER IT IS. DOES ONE HAVE AN EXPE-RIENCE OF AN APPLICATION IN ONE'S OWN LIFE? CAN ONE TALK ABOUT EXPERIENCE AND SE PARATE WHAT MAY BE A LITTLE THEORETICAL KNOWLEDGE:ALSO WHAT YOU HAVE READ; A LITTLE BIT IS ALLOWED,BUT IN GENERAL WHAT IS THE VALUE OF EXPERIENCE _ THAT YOU CAN BECOME CONVINCING_.CONVINCING MEANS THAT THE PERSON WHO LISTENS TO YOU WILL HAVE TRUST AND WHENEVER THERE IS A PERSON WHO HAS TO LEAD AND HE IS NOT TRUSTED THERE IS NO ARMY.THERE HAVE TO BE CERTAIN RULES OF CERTAIN LEVEL STLA-BISHMENT,AS I HAVE SAID THE DAY BEFORE YESTERDAY,OF THAT KIND OF A LEVEL WHICH BELONGS TO THE DISCUSSION OF WORK. AND THIS KIND OF A PROBLEM ALWAYS REMAINS BE-CAUSE AFTER YOU SETTLE THE PRINCIPLES THERE WILL ALWAYS BE CERTAIN OTHER EXPE-RIENCES WHICH ARE NOT ENTIRELY UNDERSTOOD BY SOMEONE ELSE AND WHERE IT MAYBE NECESSARY TO TRY TO EXPLAIN WHAT WAS A REAL EXPERIENCE AND THE ATTITUDE OF THO-SE WHO HAVE NOT EXPERIENCED YET IS SIMPLY TO ACCEPT IT,AND TO BE EXTREMELY CA-REFUL THAT THEY ARE GOING TO IMITATE THE PERSON WHO HAS SAID SOMETHING AND IT LOOKS AS IF HE IS MORE ADVANCED.ALL YOU HAVE TO DO IS TO BE YOURSELF ONLY ON THE BASIS OF WHAT YOU KNOW AS A RESULTS OF APPLICATION OF THAT WHAT ARE CERTAIN PRESCRIBED RULES.AND WHEN ONE TALKS ABOUT IT ONE MUST TALK CON-VINCINGLY.HOW DO YOU TALK CONVINCINGLY? BY PUTTING EMOTION IN YOUR VOICE. BY ALLOWING YOUR VOICE AT CERTAIN TIMES TO BE SUFICIENTLY FLEXIBLE,SO THAT THEN A DI FFERENT FORM OF SOMETHING COMES OUT EVEN IF YOU USE THE SAME WORDS AS SOMEONE ELSE.THAT AT TIMES YOU MIGHT SAY EVEN YOU CATCH YOUR BREATH A LITTLE,SO THAT THEN WHAT YOU WANT TO SAY COULD BECOME MORE EMPHATIC AS IF YOU WANT TO HAMMER IT IN AND WANT TO MAKE SURE THAT THAT WHAT YOU ARE SAYING IS GOING TO BE UNDERSTOOD ALMOST I WOULD SAY AT ANY COST BECAUSE OTHERWISE WHY WOULD YOU TALK ABOUT YOUR EXPERIENCE. TOUR EXPERIENCES MANY TIMES MANY TIMES IN WORK HAS TO DO WITH QUITE NATURALLY WITH THE FORM OF YOUR INNER LIFE AND IF YOU DON'T WANT TO COMU-

NICATE ON MY THAT KIND OF A BASIS,YOU MUST REALLY NOT TALK ABOUT WORK.YOU MUST NOT HESITATE IF YOU WANT TO USE THE NAME GOD TO USE IT,IF YOU WANT TO TALK ABOUT LOVE,THAT YOU REALLY UNDERSTAND AND THEN OF COURSE YOU CAN EXPLAIN IT,BUT IT HAS TO BE BASED NOT ON THEORY.WHEN YOU READ ASHIATA SHIEMASH AND YOU COME TO THE TERROR OF THES SITUATION YOU MUST REALLY UNDERSTAND WHAT IS MEANT BY THAT KIND OF TERROR AND OTHERWISE DON'T TALK ABOUT IT.WHEN ASHIATA TALKS ABOUT FAITH,HOPE,CHARITY,LOVE OF BODY,CONSCIESNESS AND SO FORTH,YOU REMEMBER THE STATEMENT.YOU MUST NOT TALK ABOUT IT UNLESS YOU HAVE ALREADY AN INKLING OF WHAT MAYBE MEANT AND IF POSSIBLE HAVE SOME KIND OF EXPERIENCE.LEAVE TH THOSETHINGS ALONE,BUT DON'T TALK ABOUT IT TO OTHERS WHAT THEY SHOULD BE OR DO, IT'S STUPID AS IF TO QUOTE THE TEN COMMANDMENTS AS IF YOU WANT TO IMPLY THAT YOU ARE A FOLLOWER OF THAT.WHEN ONE TALKS ABOUT THE FIVE RULES OF OBJECTIVE MORALITY THAT WHAT IS WITHIN YOUR MEANS AT MOST ARE THE FIRTS THREE,BUT FIVE OR SIX OR FOUR AND FIVE ARE NOT THE ONES THAT YOU REALLY KNOW ANYTHING ABOUT. BECAUSE THEY ARE GIVEN TO PEOPLE WHO ARE AT LEAST PARTLY CONSCIOUS AND QUITE DEFINITELY MORE CONSCIENTIOUS THAN THE USUAL RUN OF PEOPLE AND THEY HAVE TO DO WITH THE PLACE OF MAN IN RELATION TO GOD AND ABOUT THAT ONE CAN NOR TALK TOO MUCH,BECAUSE IT BELONGS TO YOUR PRIVATE LIFE,ONE CAN TALK ABOUT GOD BUT NOT SO EASILY ABOUT THE RELATION OF YOU WITH HIM.AND WITH THAT IS AN EXPERIENCE AND IT COMES UP EVERY ONCE IN A WHILE,THEN YOU MAY BE HARD PUT TO KNOW WHAT TO SAY BUT YOU ALWAYS HAVE TO REMAIN TRUTHFUL AND NOT BY IMPLICATION LIE.WHEN YOU ARE SIMPLE AND YOU CAN SAY A FEW THINGS AND IN A FEW WORDS,DON'T ELABORATE JUST LET IT GO AND LET IT STAND AND THEN SOMEONE WHO WISHES TO KNOW WILL TAKE AND IF THEY DON'T WISH TO KNOW IT,THEY WILL CONTINUE TO ASK YOU QUESTIONS.DON'T ANSWER YOU JU- JUST TELL THEM,GO AHEAD AND WORK,FIND OUT FOR YOURSELF WHAT IS MEANT AND SEE IF YOU CAN SOLVE THE QUESTION ALL BY YOURSELF.SO IN THE FIRTS PLACE A NUCLEOUS OF UNDERSTANDING,THEN A DISSEMINATION OF KNOWLEDGE TO THE NNEW PEOPLE.DON'T THINK THAT YOU CAN GIVE THE UNDERSTANDING,THAT HAS TO COME FOR THEM FROM THEMSELVES.NEVER THINK THAT YOU CAN DO THEIR WORK,NEVER BELIEVE EVEN THAT WHEN YOU

SAY SOMETHING FOR THEM AND HAVING THEM IN MIND THAT THEY OUGHT TO TAKE IT. YOU CAN WISH THEM TO TAKE IT,AND YOU CAN SIMPLY SAY IF YOU DON'T IT'S TOO BAD, BUT THAT'S AS FAR AS YOU CAN GO.EACH PERSONS DEVELOPS HIS OWN PRINCIPLES OF LIFE,EACH PERSON LIVES IN THIS LIFE AND IT'S REACTED UPON BY THE CONDITIONS UNDER WHICH HE LIVES.EACH PERSON COLLECTS DATA IN HIS HEAD AND FEELINGS IN THE SOLAR PLEXUS,EACH PERSON IS REASONABLE TO A CERTAIN EXTENT AND HE IS ALSO HONORABLE TO A CERTAIN EXTENT AND HE REPRESENTS WHEN HE HAS INTEREST IN THIS KIND OF WORK A CERTAIN LEVEL OF SERIOUSNESS.YOU DON'T KNOW ENOUGH WHERE HE IS AND SOMETIMES HE DOESN'T KNOW IT HIMSSELF.BUT WHEN YOU TALK ABOUT WORK,YOU SIMPLY GIVE TOOLS,AND THEN YOU ASK HIM TO WORK WITH THEM,YOU CAN GIVE THEM SOMETIMES SUGESTIONS,INDICATIONS FOR A LITTLE TASK.TELLING THEM WHEN THEY ARE LAZY IN ORDINARY LIFE MAKE AN ATTEMPT TO GET UP IN TIME,WHEN THEY DRINK A LITTLE TOO MUCH,TELL THEM NOT TO INDULGE IN IT.WHEN THEY'RE FLIPPANTS TELL THEM "WORK" IS NOT FOR THEM. DON'T HESITATE,DON'T WASTE TIME,IF YOU WANT TO WORK YOU NEED YOUR TIME. THERE IS NO GLORY IN TRYING T O CONVINCE SOMEONE WHO CAN NOT BE CONVINCED.THERE IS NOT EVEN ANY NEED FOR IT.SO WHEN YOU TALK SELECT WHO YOU TALK TO AND ALSO WHAT YOU WANT TO SAY AND DON'T OVER SELL,LET IT REST. GIVE IT A CHANCE TO GERMINATE, LET THEM DO THE WORK BECAUSE THAT IS WHAT IS REQUIRED. YOU DON'T MAKE A LITTLE BOY GROW UP BY HANGING HIM BY HIS HANDS AND LETTING HIM STRETCH. HE HAS TO GROW FROM HIS FEET UP.YOU DON'T FORCE A HORSE TO DRINK WATER. YOU MAKE HIM THIRSTY. WHEN YOU TALK YOU MUST INDICATE THAT THERE IS SOMETHING THAT IS GOOD FOR YOURSELF ANQ THAT YOU CHERISH AND YOU TRY TO CREATE AN APPETITE,MAKING THEM FEEL THAT IN ALL PROBABILITY THEY MISS SOMETHING AND IF THERE IS A LITTLE EMPTY SPACE THAT IT MIGHT BE FILLED IF THEY WANT TO TRY IT BY MEANS AS GIVEN BY GURDJIEFF AND THEN AGAIN LEAVE IT ALONE,AND IF THEY DON'T EAT OR WISH TO ALSO LEAVE IT ALONE.TELL THEM TO GO BACK,TELL THEM SIMPLY: FORGET ABOUT WORK,APPARENTLY IT'S NOT FOR YOU,YOU CAN ADD EVEN SARCASTICALLY,IT'S ONLY FOR THE CHOSEN FEW AND THEN PERHAPS THEY WILL START TO REALIZE THAT THERE IS NO NECESSITY BUT THAT YOU MIGHT BE CONSIDERED A LITTLE BIT EXCEPTIONAL IN THEIR

EYES AND EVEN THEN IT MIGHT CREATE A LITTLE FORM OF JEALOUSY,PROVIDED THEN THAT WHAT YOU HAVE SAID DOES NOT BECOME VANITY FOR YOURSELF.

THERE IS MUCH TO LEARN IN HAVING A GROUP AND WANTING TO CREATE CONDITIONS SOMETHING THAT IS RIGHT FOR MANY PEOPLE IN WHICH QUESTIONS ARE DISCUSSED OPENLY AND YOUR ATTEMPT,YOUR ATTEMPTS NOW ON TUESDAY,WHEN YOU HAVE GROUP TWO,WHEN YOU REALLY WANT TO FIND OUT MORE ABOUT WORK IS THAT WHAT IS NOT CLEAR YOU ASK AND NOT TO LET ANY ANSWER GO BY THE BOARD UNLESS YOU ARE CONVINCED THAT YOU UNDERSTAND IT,NOT THAT YOU HAVE ALREADY APPLIED IT,BUT UNDERSTANDING WILL GIVE YOU AN INDICATION THAT YOU MAY WISH TO APPLY IT.

(ANDY:MR.NYLAND) YEAH? ALRIGHT?

WHY DO I SAY THESE THINGS SIMPLY IS TO STABLISH A LEVEL IN THE GROUP ITSELF.A LEVEL ALSO OF CONFIDENCE AND TO SAFEGUARD THAT YOU DON'T WASTE TOO MUCH TIME.IT IS NOT THAT YOUR LIFE WON'T BE LONG ENOUGH TO BECOME CONSCIOUS.YOU HOPE. IT IS NOT LONG ENOUGH.THERE ARE MANY THINGS TO BECOME MUCH CLEARER OVER MANY YEARS,BUT YOU WILL MAKE A START AND YOU WILL REACH WITHOUT ANY DOUBT A CERTAIN RESULT AND ALSO YOU WILL FIND OUT THAT THERE IS MUCH MORE TO LEARN BUT AT LEAST YOUR ATTITUDE TOWARDS LIFE WILL CHANGE BECAUSE OF INCREASED SELF-KNOWLEDGE.THAT I SIMPLY WANT TO SAFEGUARD A LITTLE BIT THAT YOU DON'T WASTE TOO MUCH TIME BECAUSE THIS IS ALWAYS WHAT TAKES PLACE IN NEW GROUPS AND THAT ISWHY I'M ALWAYS SO HESITANTE EVEN TO ENCOURAGE IT.THAT IS WHY I REALLY DON'T WANT OPEN MEETINGS UNLESS THERE IS A WELL STABLISHED NUCLEOUS WHO CAN TAKE CARE OF IT.THERE IS NO USE AROUSING INTEREST AND THEN NOT FULFILLING IT. AS A MATTER OF FACT IT IS VERY BAD BECAUSE YOU CANNOT AROUSE APPETITE AND NOT FEED IT. IT IS FAR BETTER NOT TO SAY ANYTHING AND TO CONCENTRATE ON THAT WHAT IS THERE IN ORDER TO CREATE MORE FIRMNESS OF RELATIONSHIPS.LEARNING TO WORK TOGETHER AND PARTICULARLY IN REGARDING WORKING PHYSICALLY.IS VERY DIFFICULT BUT IT IS EXTREMELY USEFUL BECAUSE WHAT CAN HAPPEN AMONG THE GROUP IS THAT IN PROFITING BY THE PRESENCE OF OTHERS INCLINED IN A SIMILAR WAY AS YOU ARE,YOU WILL THEN BE ABLE TO DERIVE FROM THE ATMOSPHERE CREATED BY THE GROUP CERTAIN SUBSTANCE FOR

YOURSELS WHICH YOU ONLY WILL DIGEST WHEN YOU WORK ALSO PHYSICALLY.AND FOR THAT REASON THAT I WANT TO SAY IT BECAUSE THIS IS THE LAST TIME THAT I WO WILL BE HERE FOR A LITTLE WHILE,I WILL COME I HOPE,I HOPE OF COURSE TO COMEBACK WHEN? I CAN NOT TELL.IN THE MEANTIME YOU JUST WORK AND DISCUSS IT,AND SEND SOME TAPES AND GET SOME ANSWERS AND BORROW SOME TAPES AND LISTEN TO THEM AND IF YOU CAN DIGEST THEM,MAKE A RESUME EVEN IF YOU WISH TRANSCRIBE.DO WORK OF THAT KIND. YOU WILL LEARN HOW TO WORK TOGETHER.YOU CAN EXTRACT A GREAT DEAL IF YOU WANT TO LEARN HOW TO PAINT YOU GO TO ALL KINDS OF TROUBLE UNTIL YOU PERHAPS BECOME A GOOD KIND OF AN ARTIST,IF YOU WANT OT BE A SOUL MAKER YOU HAVE TO LEARN TO TRADE,ONLY GOOD CARPENTERS CAN MAKE GOOD CABINET.ONLY THOSE WHO ARE CONSCIOUS AND CONSCIENTIOUS WILL BE ABLE TO MAKE A SOUL.IF A SOUL IS AN AIM,THEN THE STEPS YOU KNOW ABOUT THEM,BECAUSE THEN YOU WILL HAVE TO WORK.AGAIN I SAY LIKE LAST NIGHT,SIMPLY IF YOU CAN HONESTLY,SERIOUSLY.

IT IS CUSTOMARY ON FRIDAY THAT WE DRINK AFTER A LITTLE BIT OF DISCUSSION AND THEN WE INDICATE BY THAT A SOLIDARITY AMONG US AND DRINKING MEANS:YOU DRINK BECAUSE YOU AGREE WITH A CERTAIN PURPOSSE AS WE TALKED ABOUT AND THAT YOU REALLY WISH THAT THAT WHAT WE TALKED ABOUT AND YOU AGREE THAT IT COULD BE MADE POSSIBLE.SO IT PUTS YOU A LITTLE BIT ON YOUR OWN RESPONSABILITY AND DEFINITELY ON YOUR CONSCIENCE IF YOU DO DRINK,YOU COMMIT YOURSELF YOU ARE AT LIBERTY NOT TO D DRINK IF YOU DON'T WISH.

TO YOUR LARGER GROUPS.

I THINK WHAT ONE SHOULD DO IS TO TALK MORE ABOUT WORK AND WHAT ONE S SHOULD DO IN WORK INSTEAD OF TALKING ABOUT THE THINGS THAT HAVE A CERTAIN RELATION TO WORK OR SOMETIMES ONLY A RELATION TO YOURSELF.WORK IS SOMETHING NEW THAT YOU INTRODUCE INTO YOUR LIFE.IT IS WORTHWHILE TO TALK ABOUT AND THE PLACE WHERE IT WILL BE IN YOUR LIFE.SO YOU ARE ALLOWED TO TALK ABOUT YOUR LIFE AND YOUR ORDINARY DAILY EXISTENCE AND OF COURSE WHENEVER YOU TRY TO MAKE A

ATTEPMTS.THAT IS... THAT THERE IS THAT WISH AS A EXPLAINED YESTERDAY AND THE DAY BEFORE.THAT WHAT IS THE WISH,A REALIZATION OF SOMETHING OUGHT TO BE DONE AND I MEAN NOW DOING NOT THINKING OR FEELING,NOT ANY LONGER ADMITINGF THAT IT OUGHT TO BE DONE BUT ACTUALLY THE DOING AND IN SUCH A SIMPLE WAY,IN SUCH SIMPLICITY THAT IT BELONGS TO YOU,WHATEVER YOU ARE WITH THAT,WHAT YOU DO BELONGS TO YOU AND YOU START WHERE YOU ARE,SO THAT WHEN YOU FEEL,DON'T TRY TO INTELLECTUALIZE AND WHEN YOU HEAR SOMEONE TALK A LITTLE BIT IN AN INTELLECTUAL FASHION,DON'T B LISTEN TO IT TOO MUCH,IT IS NOT FOR YOU.YOU ARE A PERSON WHO HAS TASTE OF CERTAIN KINDS,OYU KNOW, YOU KNOW WHAT ARE YOU LIKE.YOU REALLY KNOW PHYSICALLY WHAT IT IS TO BE IN A PLEASANT COMPANY,WHAT IT IS TO BE RESPECTED,WHAT IT IS THAT YOU CAN HAVE FUN WITH.WHAT IT IS THAT MAKE YOU ALIVE,IT IS OF COURSE OUTER LIFE,BUT IT IS A DESIRE OF YOUR PART TO SELECT IF YOU CAN CERTAIN MOMENTS AND TIMES WHEN YOU CAN HAVE AN ENJOYMENT IN THE SENSE THAT YOU WISH TO CONTINUE TO LIVE. IF I SAY I HAVE A WISH FOR WORK I HAVE TO PUT IT IN SUCH CONDITION THAT I ALSO WHEN I GET THROUGH I STILL HAVE THE WISH TO WORK. IF I MAKE TOO DIFICULT,IF I APPLY CERTAIN THINGS THAT DON'T BELONG TO ME I REALLY AM NOT VERY CLEVER AND I DON'T USE ENOUGH COMMON SENSE,BECAUSE IN ORDINARY LIFE YOU DON'T EAT FOOD THAT DOESN'T TASTE RIGHT.

WHEN THERE IS SOMETHING IN THIS KIND OF WORK AND IT MAY BE QUITE POSSIBLE,BECAUSE IT HAS DIFFERENT FACETS AND IT IS BY DIFFERENT PEOPLE IN DIFFERENT WAYS,SOMETIMES THE ONLY THING YOU HAVE TO BE CAREFUL FOR IS THAT YOU DON'T VIOLATE THE PRINCIPLES,BUT IN THE APPLICATION FOR YOU,YOU ARE AT A CERTAIN LEVEL AND YOU TRY THEN FROM THAT LEVEL TO UNDERSTAND WHAT YOU CAN DO.MANY TIMES I TALK ABOUT THE PSOCHOLOGICAL MEDICINE CABINET WHICH HANGS SOMEWHERE IN THE WALL IN YOUR ROOM,AND YOU KNOW THAT AT TIMES YOU ARE SICK,PSICHOLOGICALLY YOU KNOW THAT YOU SHOULD BE DIFFERENT,THAT YOU ALSO SAY YOU SHOULD BE BETTER. YOU ARE LAZY,YOU KEEP ON BEING LAZY,YOU POSTPONE YOU KEEP ON DOING IT.YOU DON'T DO ENOUGH,YOU KNOW IT,YOU GET AWAY WITH THE SMALLEST AMOUNT OF WORK FOR THE GREATEST AMOUNT OF MONEY. IT CANNOT BE BLAMED ON YOU, BUT STILL IT IS NOT A PICTURE OF WHAT A MAN SHOULD BE

AS A MAN BUT HE TAKES RESPONSABILITY FOR LIFE AND HE HAS TO USE IT ALSO FOR A PURPOSSE AND IF YOU DON'T UNDERSTAND THAT THEN YOU HAVE TO READ A LITTLE MORE OR SIT AND THINK ABOUT ESOTERIC KNOWLEDGE,TO GET REALLY AN IDEA OF WHAT WE ARE TALKING ABOUT,WHEN WE TALK ABOUT MANKIND AND WE INDIVIDUALLY ARE PARTS OF THAT MANKIND AS A FORM OF LIFE.WHEN ONE TALKS ABOUT THE HERD AND KARAPET AND YOU KNOW THE STORY OF THE SHEEP.WHEN I READ IN ALL AND EVERYTHING AND I SAY IT'S GOOD FOR SOMEONE ELSE BUT NOT FOR ME,I AM NOT USING THE THE BOOK AND GURDJIEFF HAS NOT MEANING.BUT AS SOON AS I START TO BECOME A LITTLE INTERESTED AND PRHAPS EVEN APREHENSIVE,WHO IS THIS SLUG?MY NEIGHBOOR? OR IT IS ME?AM I REALLY THAT UNCONSCIOUS,I WANT TO QUESTION THAT , I WANT TO FOND OUT BECAUSE WHAT ELSE WILL I DO? JUST TO CONTINUE A NICE EASY WAY,NEVER IF NECESSARY TO GO AGAINTS ANY KIND OF A GRAIN AND ONLY WHEN IT IS A DIRE NECESSITY WHEN I HAVE TO SPEND TIME AT AN OFFICE AND EARN SOME MONEY,THAT'S PROBABLY THE ONLY TIME.EVEN IF I GET MERRIED AND IT DOESN'T WORK OUT WELL.I EITHER GET THE DIVORCE OR I SEPARATE OR I DON'T TALK TO HER.AND I DON'T SOLVE THE PROBLEM ALTHOUGHT IT SHOULD BE SOLVED IN SOME WAY OR OTHER,ONE HAS TO BE HONEST ABOUT ANY RELATIONSHIP ANDTHAT PERHAPS DOESN'T INVOLVE MONEY BUT IT SURELY INVOLVES YOUR CONSCIENCE.HOW CAN A MAN BECOME REALLY CONSCIENTIOUS.YOU CAN SAY BY GROWING UP,BY LOOKING AROUND,BY EXPOSING HIMSELF TO A CERTAIN THINGS THAT HE USUALLY DOES NOT EXPOSE HIMSELF TOO.THAT SOMETIMES HE WANTS TO DO THINGS AGAINTS THE GRAIN,BECAUSE OF THE FRICTION,BECAUSE OF THE STRANENESS BECAUSE OF THE OPPORTUNITY IT GIVES HIM TO REMEMBER HIMSELF.REALLY TO LIVE WITH YOURSELF FOR A PURPOSE ANDTO SEE WHAT IS AVAILABLE DURINGTHE DAY AS OPPORTUNITIES,AS MOMENTS,WHICH OF COURSE ARE PLENTY,MORE THAN ENOUGH,YOUR WISH BASED ON WHAT YOU THINK YOU ARE,AND IF YOU DON'T THINK THAT YOU NEEDED,IN MY OPINION YOU'RE QUITE STUPID,BECAUSE YOU CONSIDER THAT YOU DON'T HAVE AN INNER LIFE,AND ABOUT YOUR INNER LIFE IF YOU START TO THINK ABOUT IT HOW MUCH IS THERE OF THAT AND HAVE YOU EVER HEARD YOUR INNER LIFE,CRY WITHIN YOU?HOW YOU EVER BEEN DEEPLY MOVED?HAVE YOU EVER TRIED THE LANGUAGE OF EMOTIONS,HAVE YOU EVER ALLOWED TO BE AFFECTED DEEP DOWN,NOT TO RESIST IT,BUT TO JUST.... AND THERE IS NO DANGER INVOLVED,IT IS JUST TO HAVE SOME KIND OF...AS IF YOU LOOSE YOUR BREATH AND YOU AGAIN

YOU FIND IT.HOW HAPPY YOU ARE THAT YOU STILL CAN BREATH. SHOCKS,SUFFERINGS NOT INTENTIONALLY AS YET BUT NEVERTHELESS THEY DO APPEAR AND YOU MEET THEM,YOU THINK YOU CONSIDER,YOU WEIGHT THINGS.YOU WANT TO GROW UP.YOU WANT TO BE A MAN.YOU ARE NOT A CHILD ANY LONGER.THERE IS NO REASON TO KEEP ON EATING CANDY.JUST WORK FIND OUT.THERE ARE MEETINGS I SAID YESTERDAY,COME DON'T STAY AWAY.IT'S NONSENSE TO BE HAPHAZARD ABOUT IT.YOUR ORDINARY LIFE FIX IT! GET IT STRAGHTENED OUT.THE PLACE WHERE YOU LIVE,CLEAN IT UP! LETTERS YOU SHOULD WRITE,WRITE THEM! DEBTS YOU HAVE,PAY THEM! SAVE FOR THEM,BUDGET YOUR MONEY.DON'T BORROW ALL THE TIME.DON'T LIVE ON CREDIT,DON'T LIVE ON THE GOOD WILL OF YOUR FRIENDS.JUST ARRANGE IT.DON'T DO SUCH A FOOLISH THINGS TO COMMIT YOURSELF FOR SUCH A LONG TIME SOMETIMES FOR GETTING A LOAN YOU NEVER CAN PAY BACK.UNDERSTAND A LITTLE BIT ABOUT SOCIETY.WHAT IT IS UP TO? WHAT ARE ECONOMIC LAWS? WHAT IS THE DESIREABILITY OF KEEPING ALIVE IN THIS ROTTEN WORLD.TO WORK THE WHOLE DAMN YEAR FOR A COUPLE OF DAYS VACATION. STILL ONE HAS TO DO IT AND YOU HAVE TO SPEND YOUR TIME,THE WHOLE DAY,50% PERHABS,NOT SO,BUT MORE THAN ENOUGH OF YOUR WAKING TIME,IT IS USUALLY NOT 50%..... AND THEN YOU HAVE FREEDOM AND YOU ARE TIRED BUT WE DON'T COUNT THAT NOW,BECAUSE WE SAY YOU ARE ALIVE AND THEN YOU SPEND YOUR TIME,IT'S FREE! YOU CAN SPEND IT, NONE EVEN CRITIZES YOU. WHERE DOES GO? MANY TIMES YOU HAVE A DOLLAR IN YOUR POCKET.AT THE END OF THE DAY IT'S GONE,WHERE DOES GO?

WHAT I TALK ABOUT OF COURSE,IS THE QUESTION OF BECOMING SERIOUS,IN A VERY SIMPLE WAY,NOT TO OVER DO,NOT TO WALK WITH A FACE THAT IS MADE UP OF OUTER GRIME. A FACE THAT IS ROSY,A FACE THAT HAS LIFE,NOT A FACE THAT IS PALE,WHITE.A FACE THAT HAS COLOR.WORDS THAT HAVE COLOR.ACTIVITY WHICH HAVE COLOR.YOUR EYES WHICH SHINE FORTH AS COMING FROM.YOUR HEART CAN HAVE COLOR.YOUR WHOLE BEING,PERSONALITY,CAN HAVE A COLOR.MAYBE GREEN,YELLOW,RED,DEEP BLUE,WHAT YOU WISH,BUT COLORFUL! IF THERE IS NO COLOR YOU NEVER WILL HAVE WHITE COLOR LIGHT.WHITE LIGHT FOR A MAN IS HIS HARMONIOUS STATE,THE COLOR INDICATES HIS STRIVING.AND ONE HAS TO LEARN PERHAPS CHANGE YOUR COLOR A LITTLE ONCE IN A WHILE.NOT ALWAYS BE THE SAME,TO MAKE YOURSELF PERFORM,ACT A LITTLE! EVEN INTENTIONALLY,BE A LITTLE HIPOCRITICAL,WHER IT

DOESN'T DO ANY HARM,YOU LIE ENOUGH TO OTHER PEOPLE AND IT USUALLY DOESN'T DO ANY HARM,BECAUSE THEY LIE AS MUCH AS YOU DO?USE ALL KIND OF THINGS,TRICKS WHICH AS I SAY ARE ONLY FOR YOU AND NEVER,NEVER SELFISH.SO THEY DON'T TAKE AWAY ANYTHING FROM ANYONE,BECAUSE YOU HAVE NO RIGHT FOR IT.YOU CAN NOT LEAD PEOPLE ASTRAY.YOUR WORD HAS TO BE YES WHEN IT REFERS TO OTHER PEOPLE,BUT INTERESTING IT CAN BE NO AND YOU CAN MEAN YES,WHEN YOU TALK TO GOD.TRUTH IS A VERY STRANGE KIND OF AN INSTRUMENT TO HA VE.MANY TIMES YOU DON'T EVEN KNOW WHAT TO DO WITH IT AND BECAUSE OF THAT YOU BECO- ME AFRAID,AND THERE IS NOTHING TO BE AFRAID OF. IT IS ONLY THE UNCOVERING OF WHAT YOU ALWAYS READ BUT NEVER DO KNEW.AND NOW A NEW LIGHT IS SHINING ON THE DARK CORNERS AND THE ADVENTURE IS TO FIND OUT HOW DUSTY IT GETS AND SOMETIMES HOW DIRTY.DON'T LIKE YOURSELF,JUST ORDINARY ,YOU'RE ALIVE THANK GOD,YOU HAVE RESPONSABILITIES THANK GOD.YOU CAN WORK,YOU ARE HEALTHY,THANK GOD.YOU HAVE RELATIONSHIPS WITH PEOPLE ,THANK GOD.YOU CAN HAVE AN AIM THANKS TO GOD.AND BY GOD I MEAN NOW THAT WHAT IS WITHIN YOU, YOUR INNER LIFE AS REFINED AS IT CAN BE AND AS HONEST AS THAT CAN BE.PURE! WHAT THE REALITY IS OF YOU.NOT YOUR APPEARANCES BUT ON THE BASIS OF WHICH YOU CAN HAVE A FRIENDSHIP,ON THE BASIS OF THAT YOU CAN RECEIVE MANY LANGUAGES.YOU CAN UNDERSTAND, WHY THE MOON,AND YOU MAYBE ABLE AFTER SOME TIME TO KNOW WHY THERE IS A SUN.YOU WORK, I KNOW YOU WILL DO.IT IS NOT THAT I ADMONISH YOU BECAUSE YOU ARE NOT FAMILIAR WITH IT.IT IS RIGHT BUT YOU WONTMIND WHEN I SAY:WORK A LITTLE HARDER.BE A LITTLE BIT MORE INTENSE AND STRAIGTEN THINGS OUT TODAY AND NOT TOMORROW.DON'T WAIT,TIME WILL OVERTA- KE YOU.IT IS A STRANGE THING,TIME WON'T LET YOU LOOSE AND AS YOU GROW OLDER TIME GETS MORE HOLD,TIME LOOSES THE VALUE IT HAD BEFORE AND UNFORTUNATELY IT SHORTENS. THER IS LESS AND LESS TIME TO DO MORE AND MORE THINGS.

UNTIL I SEE YOU AGAIN.NEXT TIME WHEN I COME.

(Sonja Hart)